





NO MORE EXCUSES...GET AND STAY MOTIVATED!

Barrier	Solution
<p>HAVE NO TIME?</p> 	<p><i>Work it into your day:</i></p> <ul style="list-style-type: none"> ▪ Get up a little earlier for a fun physical activity ▪ Walk to work and at work ▪ Use the stairs ▪ Throw the ball with the dogs/play with your pets ▪ Walk during your lunch break ▪ Write physical activity into your calendar, and don't block conflicting appointment ▪ Ride a stationary bike while watching TV or reading ▪ Walk home
<p>CAN'T GET MOTIVATED?</p> 	<p><i>Fitness will never be a priority until you make a commitment to it.</i></p> <p><i>Some things that can help:</i></p> <ul style="list-style-type: none"> ▪ Read books and/or magazines on fitness to inspire you ▪ Identify people you look up to who are fit, and use them as role models ▪ Set specific, short-term goals, and reward yourself when you achieve them ▪ Do it for yourself ▪ Associate with friends who believe in fitness for mutual support
<p>BOREDOM?</p> 	<ul style="list-style-type: none"> ▪ Vary your activities so you don't get tired of one ▪ Enlist a friend or family member as an exercise partner ▪ Use different jogging, walking, or biking paths for scenic variety ▪ Choose activities you really enjoy, that are fun and offer a reward, such as hiking for a great view, or walking to a friend's house ▪ Make activities into social occasions, such as tennis tournaments among friends
<p>DON'T KNOW WHERE TO START?</p> 	<ul style="list-style-type: none"> ▪ Start by making the most of the activities you do already: increase their frequency, duration, or intensity ▪ Ask a friend, someone who has the experience and is willing to help you ▪ Go to health fairs, sports expositions, clinics; learn from the variety of offerings presented ▪ If you've been inactive for a long time, start off slowly. Walk for 10 minutes, or just around the block ▪ Match your activity to your fitness level ▪ Don't concern yourself with fancy equipment of health club memberships. Just ACTIVATE!